













SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	 1 <i>Nutrition Wheel of Fortune</i> 6:00 - 7:00 PM	 2 <i>Gardening for Beginners</i> 9:00 - 10:00 AM <i>Eating Behavior Management Series</i>  6:30 - 7:30 PM	 3 <i>Light Up the Grill: Tips for Healthy Grilling</i> 10:00 - 11:00 AM <i>Lunch & Learn: All About Asparagus</i>  12:00 - 12:30 PM	 4 <i>Gardening for Beginners</i> 6:30 - 7: 30 PM	 5 <i>Better BBQs and Picnics</i> 10:00 - 11:00 AM	 6 <i>Let's Get Cooking: Celebrating National Salad Month</i> 12:00 - 1:00 PM	
 7 <i>Fight BAC: All About Food Safety</i> 12:00 - 1:00 PM	 8 <i>Nutrition Jeopardy</i> 6:00 - 7:00 PM	 9 <i>Living with Diabetes</i> 9:00 - 10:00 AM	 10 <i>Strong Bones for Life</i> 10:00 - 11:00 AM <i>Lunch & Learn: All About Honeydew Melons</i>  12:00 - 12:30 PM <i>Living with Diabetes</i>  6:30 - 7:30 PM	 11 <i>Eating Behavior Management Series</i> 4:00 - 5:00 PM <i>Better BBQs and Picnics</i>  6:30 - 7:30 PM	 12 <i>Stroke – Act FAST</i> 12:00 - 1:00 PM	 13 <i>Let's Get Cooking: Lamb & Hummus Pita Pizzas</i> 11:00 AM - 12:00 PM	
14	 15 <i>Nutrition Wheel of Fortune</i> 6:00 - 7:00 PM	 16 <i>Let's Get Cooking: Gluten-Free Blender Oatmeal Muffins</i> 10:00 - 11:00 AM	 17 <i>Lunch & Learn: All About Broccoli</i> 12:00 - 12:30 PM <i>Make Mine Mediterranean</i>  6:30 - 7:30 PM	 18 <i>Skin Deep Nutrition</i> 12:00 - 1:00 PM <i>Let's Get Cooking: Classic Blended Burgers</i>  6:30 - 7:30 PM	 19 <i>Make Mine Mediterranean</i> 10:00 - 11:00 AM	 20 <i>Lupus & Autoimmune Diseases: The Nutrition Connection</i> 11:00 AM - 12:00 PM	
 21 <i>Food Allergies 101: Something to Sneeze About</i> 12:00 - 1:00 PM <i>Kids Get Cooking:</i>  <i>Homemade Dog Biscuits</i> 4:00 - 5:00 PM	 22 <i>Lunch & Learn: All About Bananas</i> 12:00 - 12:30 PM	 23 <i>Nutrition Jeopardy</i> 12:00 - 1:00 PM <i>Not Just Salmon:</i>  <i>All About Omega-3s</i> 6:00 - 7:00 PM	24	 25 <i>Eating Behavior Management Series</i> 4:00 - 5:00 PM	 26 <i>Mindful Eating</i> 9:00 - 10:00 AM	 27 <i>Navigating Summer Cookouts with Diabetes</i> 10:00 - 11:00 AM	
28	29	 30 <i>Stay Sharp: Nutrition to Support Brain Health</i> 6:00 - 7:00 PM	 31 <i>Not Just Salmon: All About Omega-3s</i> 10:00 - 11:00 AM <i>Mindful Eating</i>  6:30 - 7:30 PM	 Presentation  Support Group  Hands-On Kid Activity  Cooking Demo  Virtual Store Tour			<p>Learn something new with our FREE Virtual Nutrition Events!</p>  <p>Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, Scan this QR Code or visit bigy.com/be-well</p>



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